



# OASIS

Day 5

## Learn

With all the focus on movement and momentum with the Fire Horse it can be easy to overlook her qualities like creativity, expansion and alignment.

While these can involve action, they can also require some stillness, after all a galloping horse must rest sometime.

Today is all about creating a calm oasis inside and out.

Your home should help calm your nervous system, not push it harder. Having a space of restoration, contemplation and letting go is essential for your equilibrium.

Creating an oasis within yourself begins with honouring your breath. Developing a pranayama practice is a life changing endeavour. Anuloma Viloma (alternate nostril breathing) is a calming breath practice.

## Do

Create one space in your home that feels calm and restorative so you can balance movement with rest.

Practice alternate nostril breathing to create a calm, centred and focused state of being.

*See the next page for instructions.*

## Share

Email me your vision for your space. What does calm oasis mean to you?

## Daily prizes

Complete today's share task to win a calm pack featuring a Roogenics' tea pack and Ena calming products.

## Outcome

By creating an oasis and regularly practicing alternate nostril breathing you are cultivating a deeper connection to self. From this place you can attune to your creativity, expansion and alignment.

